



Fall 2007

A Healthier You Legacy Awards Program is a collaborative effort of the Utah Department of Health and community partners. It is a unique program that started as part of the Salt Lake 2002 Olympic Winter Games.

The Program recognizes the efforts of communities, schools, worksites, and college campuses to increase opportunities for their constituents to participate in five health-enhancing areas: nutrition, physical activity, healthy behaviors, safety, and preventive services.

A Healthier You Legacy Awards Program, with input from many state and local experts, has developed specific criteria for **policies** (written and monitored city/town policies, procedures or ordinances), **infrastructure** (basic facilities, equipment, resources and environmental supports provided in/by the city/town), and **outcomes** (expected changes that will result from the implementation of the program/activity and methods to measure progress) at bronze, silver, gold, and platinum levels. For more information, visit www.health.utah.gov/ahy

The Healthy Community Awards Program recognizes the outstanding achievements of the following cities/towns in implementing health-related policies and ensuring healthy community environments that encourage and support residents and public employees to make healthy choices.

Platinum – 18 policies; 18 infrastructure; 5 outcomes

■ **Logan City**

All six Logan elementary schools participated in the Gold Medal Schools program. An ordinance was passed in May 2007 that prohibits smoking in the City's parks, recreational facilities, cemeteries and near mass gatherings. Logan City's master plan includes active community environments, requires sidewalk & trail development in grants when possible and has an action plan to address increased opportunities for community members to be more active.

Gold – 12 policies; 12 infrastructure changes; 4 outcomes

■ **Nibley City**

Nibley paid for flu shots for senior citizens last year. There are two new parks with playgrounds and soccer fields. New parks and recreation areas are included in the new development plan. Newsletters are sent monthly to residents with regular health messages and health messages are posted on the website. Signage was placed at the two main entrances with the 25 foot rule for the Utah Indoor Clean Air Act.

Silver – 7 policies; 7 infrastructure; 3 outcomes

■ **Orem**

Orem has eight elementary schools participating in the Gold Medal Schools initiative. As part of the year-end party and award program, each child and teacher was presented with a pass to the Orem Fitness Center. Orem City experienced a 5% decrease in traffic accidents during 2006. Orem City established a new recreation scholarship program with the Mayor and City Council approving \$10,000 for

scholarships for those that financially would not be able to use the recreational facilities otherwise. Due to the Japanese beetle infection, a Share the Harvest program was established so anyone able to grow a garden can donate their extra produce at a designated location. Left over food is given to the local food bank. One of the contributors to the Share the Harvest is the Utah County Jail's 5-acre garden which produces hundreds of pounds of vegetables.

■ **Richmond**

Richmond recently established a new website, with extensive health-related links to government, city departments, businesses and community services. Their monthly city newsletters include health messages for all residents. Richmond's Park Elementary School is a Gold Medal School, providing physical activity and healthy nutrition choices for children in Richmond. The Richmond City Council established a Mothers' Lounge in the City office building to encourage breastfeeding.

■ **Salt Lake County**

Mayor Peter Corroon led out in a *Weigh Active & Healthy* community initiative, and issued a challenge to other area mayors whose citizens collectively logged over 3 million miles in eight weeks. Parks and Recreation directed all county recreation facilities to offer more healthy choices and limit non-nutritious selections in vending machines, and Mayor Corroon issued a directive to serve only healthy snacks and beverages at county functions. Public Works has made bike lanes a priority and adds several miles of bike lanes every year to county roads.

■ **South Jordan City**

To increase use of community gardens, a youth group is growing a garden which produces as much as 10,000 lbs of fruits and vegetables, to donate to South Jordan senior citizens. Smoking is prohibited in all City parks, recreational areas and the cemetery. Child passenger safety inspections can be done at the police station on request. Police also conduct 4-6 car seat checkpoints annually.

Bronze – 3 policies; 3 infrastructure changes; 2 outcomes

■ **Hooper**

Hooper City adopted an extensive Parks and Trails Master Plan requiring that all subdivisions include trails and sidewalks. Two new walking trails have recently been paved and improved with signage promoting their use. The City has also established a Healthy Lifestyles Committee with city council members and community representatives, who organize and supervise activities such as a Family Fun Walk with the Mayor, and a program offering incentives for family members who walk a minimum of 100 miles. They have encouraged more walking by providing better lighting, safer neighborhoods, and a new curfew in city parks, which lowered the crime rate and made residents feel safer about walking outside.

■ **Midway**

Midway passed an ordinance making it unlawful for any person to bring, sell, possess or consume any tobacco products, alcoholic beverages or controlled substances in a park or on a trail. Both Elementary schools participated in the Gold Medal School program and have achieved platinum levels. To increase residents' use of physical activity facilities, the ice rink manager visits each of the schools and offers great group rates to motivate the kids to use the rink, introducing them to ice skating, and the fun and physical benefits of participating.